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Saskatoon shows its love for Mandela

Connie Brehm, 69, a member of the African National Congress who fled South Africa in 1973, signs a condolence book at the Hillcrest Memorial Gardens and Funeral Home on Wednesday afternoon. MORGAN MODJESKI/METRO

Paying last respects to 'a great man.' Roughly 100 people attended memorial service for anti-apartheid hero

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The death of former South African president and anti-apartheid revolutionary Nelson Mandela resonated strongly in the city of Saskatoon, as a number of residents celebrated his life at a memorial service on Wednesday.

Roughly 100 people attended the interfaith service held at Hillcrest Memorial Gardens and Funeral Home. Organizers say they wanted to provide the city's South African community, and all residents, a chance to mourn.

"People sometimes need an avenue to be able to go and express their grief," said Hillcrest manager Phil Fredette. "It's not always easy to do that from afar without having the community surrounding you."

Many members of Saskatoon's South African community attended the memorial looking to pay their respects to the leader that did so much for their country.

"We've stayed in touch with people in South Africa and we've seen it on the news, but it's not the same if you can't do at least just one thing," said Sharon Slavik, who came from South Africa 20 years ago.

"So I guess this is what we're doing. We're just showing up, coming out in the cold, just to feel as though we've acknowledged, in some small way, what he did for our country."

Others, like Carmen Daniels, who came to Canada in 2006, said she attended the memorial service to find closure.

"I grew up in South Africa so I'm very familiar with Nelson Mandela and his history fighting the apartheid government," said Daniels. "I just felt it would be a great honour for me to come and pay my last respects to such a great man."

Mandela will be laid to rest in the rural village of Qunu where he grew up, in the country's Eastern Cape province, on Dec. 15.

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Livestock

Province gives brand inspection over to industry

The Saskatchewan government is handing over brand-inspection services to a herd of livestock industry associations.

The province says industry groups have formed a non-profit corporation that will start delivering the services Jan. 1.

The new Livestock Services of Saskatchewan Corp. is tasked with providing brand inspections more efficiently.

Brand inspections help ensure that animals offered for sale are rightfully owned by the people selling them.

"It is an important service, and as producers and industry are the primary users of brand inspection, it makes sense to transfer it to livestock organizations," Agriculture Minister Lyle Stewart said Wednesday in a release.

The government noted that both Alberta and B.C. have industry-delivered livestock brand inspections.

Stewart said the government will retain responsibility for legislation governing the inspections.

CTV REGINA/THE CANADIAN PRESS

Suspicious kindness

Good Samaritan spooks police

The Saskatoon Police Service alerted parents and teachers of a man acting suspiciously Wednesday morning, but it turned out to be a false alarm.

A man in a green minivan approached five youth who were waiting for their school bus around 8:15 a.m. on the 300 block of Bolton Way. He told the students their bus would be late and offered them a ride.

However, according to a release from the SPS, the man is a parent of another child at the school and knew the bus was in fact running late. He was worried about the students standing the cold. METRO

Saskatoon Transit and SGI partner up to 'ding' in 2014

Free ride. Transport program back again to ensure New Year's Eve revelers get home safe

JACOB MORGAN
jacob.morgan@metronews.ca

There is such a thing as a free ride in Saskatoon on New Year's Eve.

Since 1989, Saskatchewan Government Insurance has sponsored the Ding in the New Year initiative with Saskatoon Transit to make sure those celebrating in the city have a safe ride home.

Between 8 p.m. and 2:45 a.m. on Tuesday, Dec. 31, people can access Saskatoon buses at no cost.

"Drinking and driving remains the leading cause of fatal collisions in our province," said MLA Paul Merriman on behalf of the minister responsible for SGI.

He added that during the last holiday season in Saskatchewan, there were 112 collisions in which alcohol was a factor.

"SGI wants to make sure that people are aware of the risks and consequences, and is committed to reducing drinking and driving in our province," said Merriman.

In Saskatoon, 3,000 people take advantage of the service annually, he said.

Saskatoon Police Chief Clive Weighill said impaired-driving incidents are on a downward trend.

"Society now is starting to understand that drinking and driving is not safe," said Weighill.

There will also be an increased police presence conducting roadside checks.

Contest

Riders have a chance to win a $100 Visa gift card and free bus pass by sharing photos of themselves riding the bus on New Year's Eve on SGI's Facebook page or by sending a tweet to @SGItweet using the hashtags #DingInTheNewYear and #yxe.

Mayor Don Atchison looks on as Saskatoon Police Chief Clive Weighill speaks during a press conference held on a Saskatoon Transit bus Wednesday morning to announce the return of Ding in the New Year. JACOB MORGAN/METRO

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Busted. Man running 'revenge porn' website charged with extortion

A San Diego man was charged Tuesday with operating a website that let people anonymously post explicit photographs of others so that he could extort hundreds of dollars from the victims.

Kevin Christopher Bollaert, 27, was arrested by California Department of Justice agents on 31 felony counts of conspiracy, identity theft and extortion.

Bollaert created the "revenge porn" website ugotposted.com a year ago, according to court documents. The site let users anonymously post more than 10,000 nude and explicit photographs of others without their permission.

Unlike other such sites, ugotposted.com required that the victim be identified by name, age and other information, leading to the identity theft allegations.

Documents say Bollaert charged victims a fee ranging from $249.99 to $350 to remove the images, using emails sent through a second website, changemyreputation.com.

The department says Bollaert told investigators during the investigation that he received about $900 each month from online advertising. However, the department said records from his changemyreputation.com PayPal account show that he received tens of thousands of dollars.

Both websites were inactive as of Tuesday. Bollaert's attorney did not return a telephone message seeking comment.

THE ASSOCIATED PRESS

Ottawa. Suspended senator denied press pass on Parliament Hill

The parliamentary press gallery has denied suspended senator Patrick Brazeau's bid for accreditation as a freelance reporter for Halifax-based Frank Magazine.

Press gallery president Daniel Thibeault said Brazeau wasn't eligible for membership because he's still a senator.

"So we feel as an executive that it's incompatible. You can't be a senator and a member of the press gallery at the same time," Thibeault said.

The Halifax edition of Frank — not to be confused with another publication in Ottawa with the same name — said the senator would be a "pain in the arse" to his former Senate colleagues, who suspended Brazeau and fellow ex-Conservative caucus members over their questionable expense claims.

Suspended senator Patrick Brazeau
SEAN KILPATRICK/THE CANADIAN PRESS

THE CANADIAN PRESS

Interpreter at Mandela memorial was a fraud

Say what? Advocates for the deaf say sign-language interpreter was a faker who just waved his arms around meaninglessly

U.S. President Barack Obama stands next to a fake sign-language interpreter as he makes his speech at the memorial service for Nelson Mandela at the FNB Stadium in Soweto near Johannesburg on Tuesday. MATT DUNHAM/THE ASSOCIATED PRESS

As one world leader after another took the stage in a gigantic soccer stadium to pay homage to Nelson Mandela in Soweto, South Africa, the man at arm's reach from them appeared to be interpreting for the deaf at the hours-long memorial.

The unidentified man, who stood about one metre from U.S. President Barack Obama and other leaders, "was moving his hands around but there was no meaning in what he used his hands for," Bruno Druchen, the Deaf Federation of South Africa's national director, said.

When South African Deputy President Cyril Ramaphosa told the crowd that former South African President F.W. de Klerk was among the guests in a VIP section, the man at his side used a strange pushing motion unknown in sign language that did not identify de Klerk or say anything about his presence in the stadium, said Ingrid Parkin, principal of the St. Vincent School for the Deaf in Johannesburg.

The closest the man's gestures at that point came to anything in sign language might possibly be the words for "running horse," "friend" or "beyond," she said, but only by someone who signs terribly. The man also used virtually no facial expressions to convey the often emotional speeches of the leader, an absolute must for sign language interpreters, Parkin said.

Collins Chabane, one of South Africa's two presidency ministers, told reporters the government is investigating "alleged incorrect use of sign language at the National Memorial Service" and did not identify the man but added the "government will report publicly on any information it may establish."

Outraged deaf people and sign language interpreters from Canada to China have complained about the man, Parkin said. "This man himself knows he cannot sign and he had the guts to stand on an international stage and do that," Parkin said. "It's absolutely impossible that he is any kind of interpreter. Or a language person at all, because he's not even using a language there."

The allegation of the use of a bogus sign interpreter was yet another example of bad organization at the service Tuesday. Other problems included breakdowns in public transportation that hindered mourners from getting to the soccer stadium and a faulty audio system that made the remarks of world leaders inaudible for many. Police also failed to search the first wave of crowds who rushed inside the stadium after authorities opened the gates just after dawn.

THE ASSOCIATED PRESS

Repeat offender

The man also did sign interpretation at an event last year that was attended by South African President Jacob Zuma.

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Craig Kielburger leaves condolences for Nelson Mandela in South Africa. COURTESY MICHAEL RAJZMAN

CRAIG KIELBURGER

As the world mourns Nelson Mandela, one of Canada's preeminent youth leaders, and co-founder of Free The Children, spoke with Metro Tuesday from Johannesburg after attending Mandela's memorial.

"A SENSE OF JUST PROFOUND GRATITUDE."

Let's start with your response to the massive memorial service you attended for Nelson Mandela.
The emotions that are running through me — I'd say one is gratitude for the role that he played as one of the great leaders in our world for human rights … but also, I have a sense of responsibility and I hope everyone does feel a sense of responsibility, that the world was fortunate to see someone like Mandela and now the question is, what will we do to live that legacy … I'd say it's very much a sense of just profound gratitude.

How has Nelson Mandela helped shape Free The Children?
I had the pleasure to hear him speak in various capacities … and once, very briefly meeting him, as did my brother — to ask him a question about his leadership philosophy … he reflected on how he was as a young person, a shepherd or herder, and he learned a lesson that forever stayed with him … that you always had to stand in the back to make sure your sheep, or your goats, always got to where they were supposed to go — that they didn't wander off to the side … that simple idea, the lessons that he taught — the humanity — is an amazing influence.

What was Mandela's impact on you?
Inspiring, I don't think there's any other word that one can use … inspiring in what he represented, inspiring in how he carried himself, inspiring in his words — but mostly inspiring in his dreams … That to lead, you must walk from behind and I think that speaks to the essence of who he was. A leader through-and-through, but someone who was so dedicated to making sure the most vulnerable always arrived.

How important is it that leaders are encouraging the world to model themselves after Mandela?
I hope that more world leaders would model themselves on Mandela. I think it's very easy to quote him, it's very difficult to model him … if world leaders want to honour Mandela … they can increase their foreign-aid commitments, they can promote service and volunteerism in their country, they can show that same compassion and forgiveness with some of the great intractable conflicts of our world — that would be a great way to honour Mandela.

What legacy do you think Mandela will leave behind?
I think legacy isn't something that he writes. In his time on this earth, he inspired us with his courage and his humanity and his willingness to forgive and his legacy will, ironically, be something we write … the legacy is in our hands and I think we have an opportunity that we should not waste.

MORGAN MODJESKI/METRO

A visitor carries a book on Mandela as he stands with gatherers outside Mandela's house. COURTESY MICHAEL RAJZMAN

Dispatches from South Africa by Craig Kielburger

1 Arrival. With a heavy heart
On Wednesday, I walked into the courtyard of the Union Buildings in Pretoria where, in 1994, Nelson Mandela was sworn in as the first democratically elected president of South Africa. I headed up a flight of stairs and stopped. It felt as though there was pressure on my chest, heaviness in my heart. I took a deep breath. I expected to see a closed casket and hadn't prepared to see his body. People are lining up for up to seven hours to pay their respects. Of course.

2 Tribute. A sense of gratitude
I'm struck how a nation can come together for such an overwhelming tribute to Mandela, patriarch of this lush country once fractured by racism and hatred. These tributes extend beyond borders. I can't imagine another living person today, or in my lifetime, that could have such a unifying effect. Standing waist-deep in flowers left outside Mandela's house, sharing stories with his friends at a service, standing with South Africans to visit, I feel gratitude.

3 Pride. A never-dying spirit
"For the spirit of Nelson Mandela, it was the right time for him to go because he had done everything humanly possible to change this country. His was a never-dying spirit that showed us anybody can become anything." — Sammy Ntimanem, 34, in the Union Buildings in Pretoria

4 Hope. More than just a moment
"We have been friends and co-workers for eight years. We are very patriotic and support every event we can, from political, to sports, to moments like this. But this is more than just a moment. We came to the square to give tribute to the greatest man on Earth," said Esther Rubin, with Lilahloane Mokale in Nelson Mandela Square, Johannesburg. Added Mokale: "We love him so very much … What we have is because of him. I hope we can go on without him."

5 Remember. For the next generation
"I so want my daughter to remember this day. That's why I have her here. As she grows up I will keep telling her stories about apartheid and how it was before in this country." — Monica Ntimana, 29, with Grace, five months

Work continues

100

At Free the Children, we are adding our voice to the tributes to Mandela. Our organization, along with Canadian schoolchildren, is building 100 schools in Africa. Mandela once said: "Education is the most powerful weapon which you can use to change the world."

PHOTOS COURTESY MICHAEL RAJZMAN

You've got snail mail ... at the community box

Five-stage plan.
In a bid to save up to $900M a year, Canada Post will phase out door-to-door service

Canada Post is making dramatic changes to its mail services beginning next year, part of a new plan that will see door-to-door delivery phased out and postage stamp prices soar.

While some community organizations are rattled and the postal union is rallying to protect thousands of jobs, the news may barely interrupt the tweets and texts of most Canadians.

Rapid technology changes have reduced Canadians' reliance on the postal service,

The familiar sight of mailmen is set to become a distant memory.
THE CANADIAN PRESS

making the traditional daily check for the letter drop almost unnecessary in 2013. Bill payments are made online, couriers deliver parcels and, at this time of year, email inboxes are more likely than mailboxes to be overflowing with Christmas greetings.

The financial situation for Canada Post has been bad for years as the Crown corporation tried to maintain a profitable business processing fewer letters, even as the number of Canadian addresses grows by about 200,000 locations each year.

On Wednesday, Canada Post unveiled a five-stage plan that will help save up to $900 million a year. The federal Crown corporation plans to phase out home delivery within the next five years by replacing delivery on foot with community mail boxes, raise postal rates and cut thousands of jobs.

THE CANADIAN PRESS

Pope named person of 2013

Time magazine selected Pope Francis as its Person of the Year on Wednesday, saying the Catholic Church's new leader has changed the perception of the 2,000-year-old institution in an extraordinary way in a short time.

THE ASSOCIATED PRESS

Not an effective strategy

On LinkedIn? Nix 'responsible' from your profile

Responsible is the No. 1 most overused buzzword on LinkedIn profiles in Canada, and globally, in 2013. The professional networking site also named "strategic," "effective" and "creative" on this year's top 10 list of overused words on business profiles. THE CANADIAN PRESS

Market Minute

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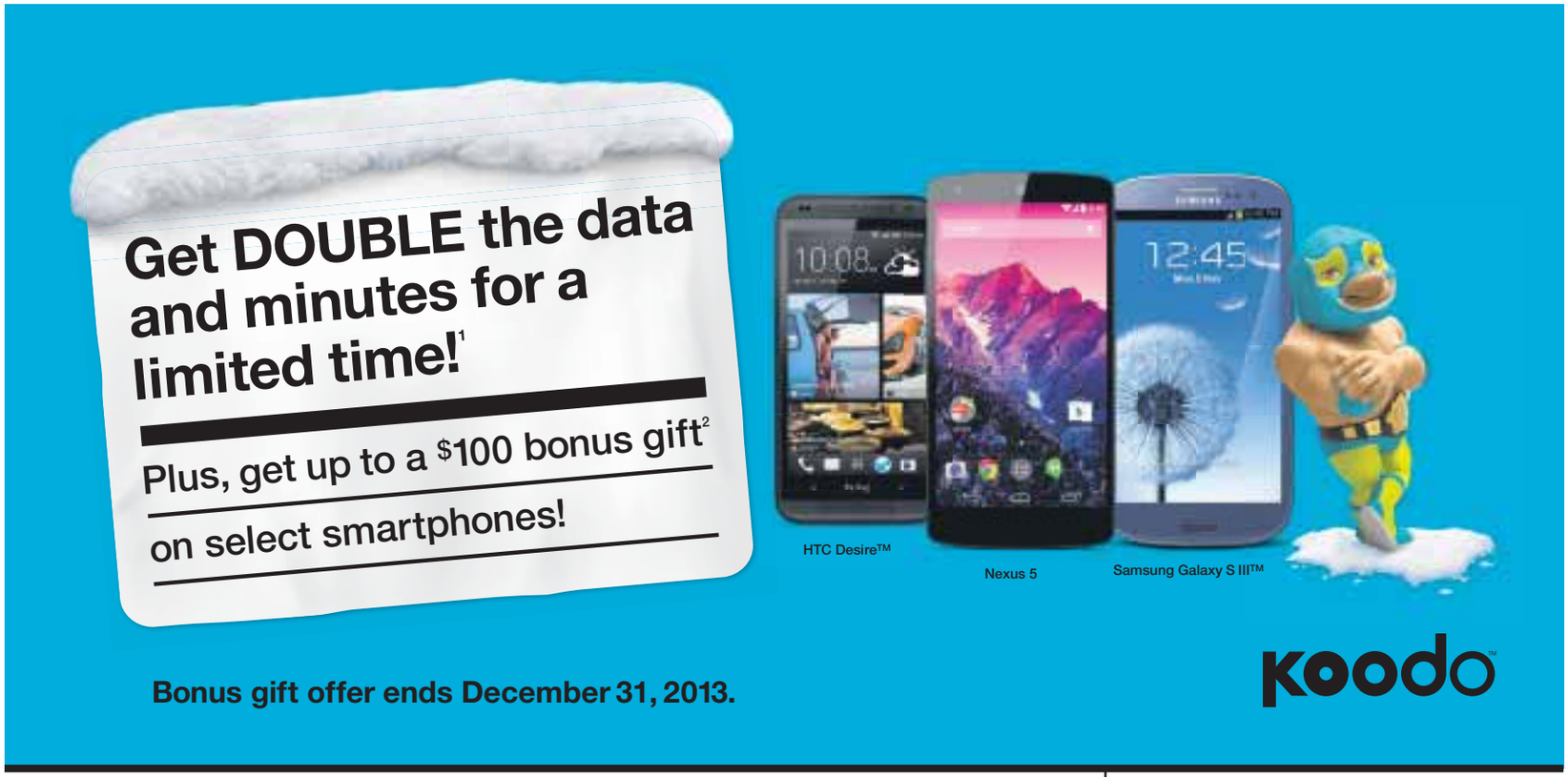
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IT'S CHILLY — NOT THE TASTY TYPE

HE SAYS
John Mazerolle
metronews.ca

Lo and be cold, it's that time of year again in Canada.

When I watch the morning forecast, some of the temperatures are best measured in Kelvin: "It will be Absolute Zero in Regina, but with the wind chill it will feel like we've passed beyond our understanding of thermodynamics, so bundle up!"

As I walk to work, my palm burns from my morning coffee but the back of my hand freezes from the coffee dripping. (In all things, moderation.)

And at work, I waste my time with YouTube videos illustrating that household pets, if tossed into the frigid air, will disintegrate into snow before they hit the ground.

N-n-n-not to put too f-f-f-fine a point on it, but it's c-c-c-cold.

It's all relative, of course — an Edmontonian accustomed to -25 C might hallucinate in the balmy -8 C of Toronto and imagine oases in the distance, frozen solid and covered in sexy skaters. Yet a friend of mine who's moved to Toronto from Vancouver was lost when she was told T.O. gets "twice as cold" as it is now.

"I don't even know what that means," she said, like somebody who'd been told they'll be murdered on Tuesday and again on Thursday.

My point being, it's best we set aside our regional differences and accept that the whole nation is a frigid wasteland — No Country for Cold Men.

Beer commercials to the contrary, most Canadian adults cower inside all winter. And when youth do go outside it results in all matter of deformities: Swollen ears and tongues stuck to metal and faces frozen solid. I once froze up so badly while waiting for a school bus that even when laughing I couldn't smile, leaving all my classmates in hysterics and providing an early cautionary tale about the dangers of Botox.

With these extreme dangers frozen in our minds, here are seven tips for any extreme-cold emergencies this winter:

1) Your home and car should have an emergency kit that includes: Warm water; Super Inferno Cinnamon Gum; one pack of erotic playing cards; a watch that runs on the cold; marshmallows; a magic hat for snowman sentience creation; plane tickets to some place warmer.

2) When lighting that furniture-fuelled bonfire in your living room, only use clean-burning natural gas.

3) Leaving your car running all winter will make those morning commutes comfy while speeding up global warming.

4) Soak wool in warm water before heading out.

5) To keep your kids warm, put all of them in the same adult-sized snowsuit and have them walk in tandem, imitating a full-sized person. Cartoon capering is also great exercise.

6) Remember to swing open your door every 10 minutes or so to see if it's gotten any warmer outside.

7) Find out what Calgary Mayor Naheed Nenshi's doing. He's got this.

And those are my tips. Careful you don't freeze them right off. A friendly reminder: While I've made light of the chill, hypothermia and frostbite are no laughing matter. Or maybe they are. It's so hard to tell with our faces frozen like this.

ZOOM

War, from a kid's perspective

COURTESY BRIAN MCCARTY

Photographer captures a feeling

This shot of toy missiles heading for a doll's house isn't meant for playtime — it's how a child sees war. The striking image by Hollywood photographer Brian McCarty features in his War-Toys project, which explores how conflict is perceived through the eyes of kids caught up in war and violence across the Middle East. METRO

Q and A

Toys make sense of it all

BRIAN MCCARTY
Photographer/artist, 39, based in West Hollywood, Calif.

What's your project about?
Starting back in 2011, I travelled to Israel and the Palestinian Territories to explore war from the perspective of children. I visited humanitarian organizations where children were invited to draw pictures about their lives. The resulting illustrations served as the basis for my photographs.

Why did you use toys?
As children, toys became surrogates through which we acted out aspects of the world around us. Our play allowed us to organically deconstruct what it meant to be human and digest large concepts in smaller bites. War is so dehumanizing and outside normal reality that, even as adults, we need toys to make sense of it. We need the distance provided by these plastic totems to begin seeing the actual horrors without being made numb.

Clickbait

LUKE SIMCOE
Metro Online

CONTRIBUTED

The digital equivalent of a rotoscope, animated GIFs are one of the oldest image formats used on the web. Invented in the 1980s, the humble GIF has since become a staple of online culture. Easy to make and even easier to share, they're the perfect platform for everything from humour to art. Most image-editing programs can make GIFs, but here are a few apps that simplify the process. Happy GIFing! Just don't get me started on how it's pronounced.

GifBoom:
Available on both Android and iOS, GifBoom is considered the Instagram of mobile GIF-making apps. The social features are largely optional, but the built-in GIF-maker is intuitive and lets you do things like add filters or sound.

Cinemagram:
Another cross-platform smartphone app, Cinemagram veers towards creating GIFs out of video footage. The app's appeal lies in its masking function, which allows you to select which parts of a frame are animated.

ImgFlip:
If you want to be old fashioned and make GIFs in your web browser, ImgFlip is one of the more full-featured sites. It lets you build GIFs out of either video or pictures, and includes a decent suite of editing tools.

Twitter

@metropicks asked: The home mailbox will be obsolete as @canadapostcorp ends urban delivery. What's the best way to repurpose a mailbox?

@draxapup: flower pot on every front stoop

@willems_steph: Frozen food delivery receptacle.

@Canucklehead_ca: 1) Print & delete emails. 2) Place is mailbox. 3) Take out & reply (via email) to each. (Will require retyping original email.)

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Putting our Christmas chaos in perspective with aid of puppets

Children's theatre. Playwright and puppeteer Charlie Peters is willing to let the script flow but has still built a message into his new show

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

Playwright Charlie Peters poses with the cast of A Wide Open Christmas, playing at the Refinery Dec. 14-22. SIMON HIATT/METRO

Need to know

As with past productions, Wide Open Children's Theatre will be presenting both a half hour version of the show for younger viewers and an hour long presentation for those that are a bit older.

- **Quote.** "A two year old won't sit through the same thing a five year old will," said puppeteer Crispi Lord. "The younger ones like a lot more action and less narrative than the older ones, so we make everything as fast paced as possible for them."

Writing a play for the actors of Wide Open Children's Theatre is a unique challenge, but at least if a playwright gets frustrated crafting a work for those on stage, he does have the advantage of being able to stuff his characters in a drawer.

Charlie Peters got his first experience writing for puppets in preparation for A Wide Open Christmas, running at the Refinery Dec. 14 through the 22, and says the greatest difficulty was overcoming his own tendencies.

"Puppets aren't wordy, and that's hard for me because I am wordy," said Peters. "Puppetry is such a physical form, it's about the physical manipulation of objects in space. It's interesting to write the words knowing the words are secondary."

Peters, who has written traditional plays before, had some inkling of what to expect as he has done puppeteering for the group before. He learned part of the process is letting go of the script.

"It's a little bit more, 'Here's raw material and you folks go play with it and see what you can make of it.'" said Peters.

But according to puppeteer Crispi Lord, it isn't necessarily the human performers who guide the changing course of action. "The puppets have more to say about it than us but also less to say, they can pare down what you've written. We use the script as more of a launching off point," said Lord.

Yes, it seems the members of Wide Open view their puppets as almost living things, rather than creations made of felt, foam and yarn. Lord believes they have even more of an ego than their human thespian counterparts.

"The puppets will just do what they're doing regardless, you can tell actors to stick to the script, but the puppets can see where things are supposed to go," said Lord.

"You can get bogged down in the writing process and the puppets are like 'no way, we're going like this!' And you just grab onto their coattails and follow them."

In the case of this show, the characters find themselves embroiled in a "Christmas catastrophe" as Santa has gone silent.

"He can't seem to find his voice so they spend some time in the show trying to find out what happened to it before his big number," said puppeteer Jacklyn Green.

Green says there are definitely some parallels between the season and the message of the highly interactive show, which is to focus on what's important.

"During the show there's a lot of chaos going on, like during the holidays. I think the important thing is just being with each other and listening to one another," said Green.

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Winter flicks to help pass the time inside

Even when the winter chill forces you indoors, there's still a way to enjoy the frosty weather. Plenty of snowy flicks abound to either celebrate the icy romance of an all-white landscape, or bemoan the cold, stark isolation that comes with darker days.
On the days you just can't bear the outdoors, trade that blanket of snow for a cosy cover on the couch and settle in with one of these winter-set classics. Here's a look at five snow-bound flicks to keep you toasty by the tube.

THE CANADIAN PRESS

Fargo

Writers-directors Joel and Ethan Coen capture all the beauty and harshness of a frigid winter season with this brutal 1996 crime thriller. It's full of striking images that linger long after the final credits, many of them featuring a barren northern landscape instantly recognizable to most Canadians. Who hasn't had a near-mental breakdown while scraping ice off a frozen windshield? Star William H. Macy is pitch perfect as bumbling car salesman Jerry Lundegaard, who hatches a brazen kidnapping that goes horribly awry.

Into the Wild

The unforgiving elements of winter feature prominently in this 2007 adventure tale about a young wanderer, played by Emile Hirsch, who sets his sights on a solo excursion to Alaska after graduating from university. His foolhardy odyssey takes him across the continent in search of enlightenment and solitude, and he meets a range of friendly eccentrics along the way. But a cold hard truth awaits this idealistic loner, and his anguished journey — based on real events — is hard to shake.

The Shining

Chills abound in this 1980 horror classic about a young family that is hired to look after a creepy old hotel that is shuttered for the slow winter months. Cabin fever predictably sets in for the crazy-eyed dad, played with unforgettable zeal by Jack Nicholson, and that's just when the hotel starts to reveal it may have a cold, dark past. The weirdness mounts as the snow falls, culminating in a memorable blizzard chase scene and one character's icy demise.

Cold Mountain

It's pretty cold up on Cold Mountain, and we're reminded of that constantly in this 2003 period drama about a Civil War soldier, played by Jude Law, who trudges through a harsh landscape to return to his faithful sweetheart Ada, played by Nicole Kidman. This is a good old-fashioned love story also starring Renée Zellweger, where the burning ardour of separated lovers sustain them through a barrage of hardships that continually work to keep them apart.

The Empire Strikes Back

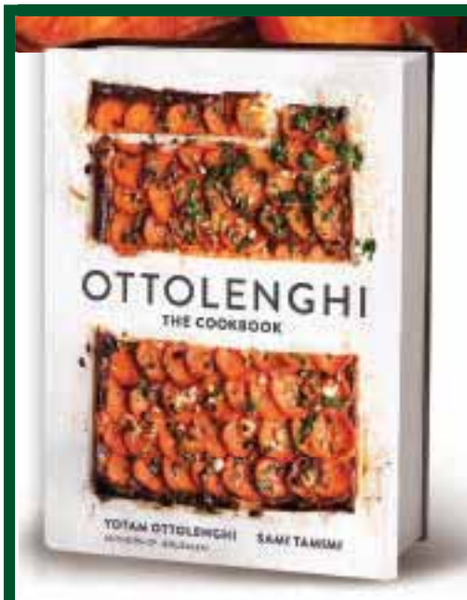
OK, this kid-friendly classic makes the list largely due to that disgusting blizzard scene where Han Solo cuts open the belly of a passed out tauntaun and stuffs a delirious Luke Skywalker inside to keep him from freezing to death. But of course, that's not Han's only brush with deadly cold in this beloved 1980 Star Wars instalment, there's another chilly scene that's spawned all sorts of quirky merchandise including Han-shaped ice cube trays and Han-shaped chocolate bars.

Hollywood

12 Years A Slave tops SAG noms

Steve McQueen's historic saga 12 Years a Slave, Jon Wells' dysfunctional family adaptation August: Osage County, Jean-Marc Vallee's AIDS drama Dallas Buyers Club and the sweeping White House servant tale Lee Daniels' The Butler topped the list of outstanding performances for the 20th annual Screen Actors Guild Awards. 12 Years a Slave scored four nominations, while Osage County and The Butler earned three nominations in Wednesday's announcements. Each of the three films was nominated for overall performance by their casts. Also nominated for best ensemble cast was David O. Russell's 1970s con-artist romp American Hustle.

THE ASSOCIATED PRESS



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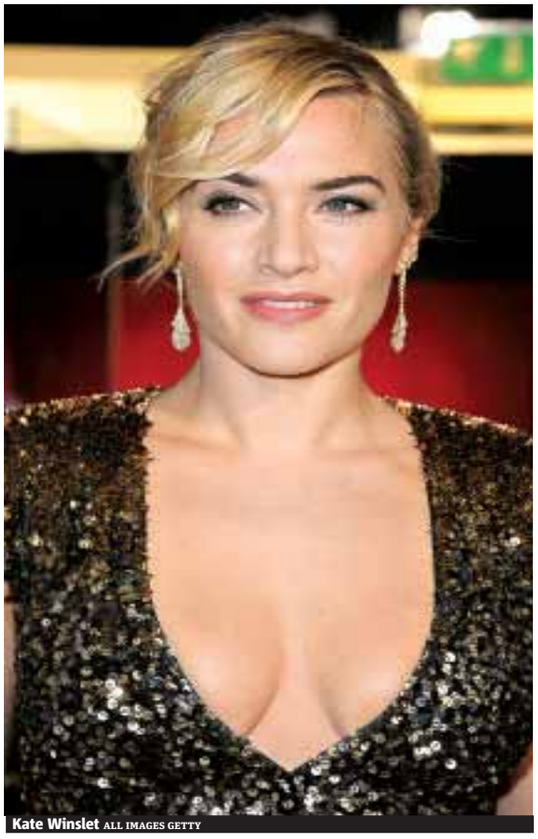

Kate Winslet ALL IMAGES GETTY

It's only baby Rocknroll but mommy Kate likes him, likes him, yes she does

Kate Winslet is a new mom once again. The Oscar winner gave birth to a son, her first kid with new husband Ned Rocknroll, Saturday in the U.K., her rep confirms to People magazine. "Baby and mother are doing great," her rep says, though more information about the boy — including his name — wasn't disclosed. Winslet also has a daughter, Mia, from her marriage to Jim Threapleton and a son, Joe, with second husband Sam Mendes.

The Word

Streisand acts as catalyst for amicable Lane and Brolin split

Diane Lane orchestrated a fairly smooth split from ex-husband Josh Brolin thanks reportedly in large part to an unlikely ally: Brolin's stepmother, Barbra Streisand. "She made it clear she would help Diane get everything she needed in her split from her own husband's son," a source tells Radar Online. "Barbra made it clear the divorce needed to go smoothly for the sake of the kids." Things went so smoothly, in fact, that Brolin reportedly turned down an offer to play Batman in the upcoming Man of Steel sequel because Lane will be reprising her role as Clark Kent's mother. "He didn't want to make Diane uncomfortable," the source says. "They're really going to be fine as a divorced couple. Josh admits he's too much of a 'bad boy' to be married to one woman, and Diane and Barbra and even his father James Brolin agree completely."

Twitter

@ElizabethHurley
Pea souper in London today.

@josswhedon
Movies teach us that a man with daddy issues is a HERO and a man with mommy issues is a sexually dysfunctional serial killer.

@TomArnold
I've officially lost 80 pounds. Now even my gay friends are complimenting me.

Demi Moore

Broken-hearted Moore ringing in the changes

Now that her divorce from Ashton Kutcher is finalized, Demi Moore is reportedly rushing to erase anything that reminds her of him from her life — including the engagement ring he got her, which she quietly sold recently, according to Star magazine. "Ashton broker her heart," a source says. "Anything that reminds her of him makes her sad, and she wants to be happy." Moore sold the five-carat, emerald-cut anonymously on consignment for $250,000, the source claims.

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Trends Report

Joseph Nogucci is an up-and-coming Canadian fashion accessories brand built by Toronto architecture and engineering students, Mario Christian and Luca Daniel. Go online to Trends Report to read about how the duo transformed sketches that were meant for buildings into designs for bracelets and beads.

Follow Irene on twitter @MetroIreneK or Instagram: kuanirene

www.metronews.ca/voices/trends-report

The year in colour

Orchid is growing on us

Radiant Orchid, a version of the purple hue is Pantone Inc.'s colour of the year for 2014. It follows this year's pick of emerald green.

Officially known as Radiant Orchid, the tropical shade is a colour-wheel contrast to green, said Leatrice Eiseman, executive director of the Pantone Color Institute. "It's a little different, it's a little off the beaten path, and it's not a primary colour," she explains. "It's an invitation to innovation." THE ASSOCIATED PRESS

Alice Smith doesn't 'speak makeup'

Natural woman. The soul singer loves her beauty products — she just doesn't always like wearing them. She tells us about her Ramona Quimby hair and her trick to never waking up with dry skin (hint: it rhymes with sheep).

ROMINA MCGUINNESS
Metro World News

Alice Smith's second album She was released in March. ALEX ELENA

Alice Smith's deep lyrical voice is so soothing it could almost put you to sleep. Luckily, the one-time Grammy-nominee won't take offence if you do. Why? Because she believes that sleep is nature's way of helping you look pretty and fresh faced.

"Eye bags are a sign that you either need to take a break or go to sleep. So If I'm working late one night, I just make sure I drink a lot of water and go straight to bed. That's it," she explains from her home in Brooklyn. And for those rare moments when shut-eye isn't enough? "In that case I'll use a little bit of MAC Studio Finish Concealer," she adds.

Letting her skin make its own oil

"I wash my face with Sothys Cleansing Cream twice a day, and in the morning I follow up with their Hydradvance Light Hydrating Cream. I don't put anything on at night because that's when your skin is busy working and making oil. You just have to make sure you use really good stuff. So far, I've never woken up with dry skin. I also see my facialist, Mamie McDonald, about once every six weeks and she just does what she needs to do. I always leave with a really clean face!'

Not needing foundation – ever

"I love makeup, but I don't speak makeup. I don't wear a lot of it because it's not good for your complexion. But if I feel a little washed out, I'll do my eyebrows up a little and put some mascara on. But I never wear foundation — ever. Definitely not when I'm on stage. I want to be able to touch my face and it's not like I'm a big sweater, but I might sweat. So I just don't see the point. When I'm performing, I stick to brows, lashes and lips. I love a burnt sienna lipstick but you have to be really feeling it to pull such a bold colour off. And I always carry a tin of Burt's Bees Beeswax Lip Balm with me."

Her 'Ramona Quimby' hair

"I used to dye my hair in college and it was like orange! I don't think it was meant to be that colour…but I liked it. I had a fringe and a short bob, which made me look like Ramona Quimby! I'd love to dye my hair again but I think I'm just afraid of how it would turn out."

Her new album She and making it through the music industry unscathed

"It feels like a lifetime ago that I released my first album but I've always had a lot of support. My family and my friends have always been there for me. I'm not any different. I think I'm just older. I have a three-year-old daughter now, and she's made me re-evaluate and re-examine who I am and who I need to be. For me it's about what kind of person I'm trying to encourage her to be — how to be successful, how to care for herself. And because the only way to teach things is to show, I need to be able to show her how to do all that."

Her beauty icons

"I love Sade…I've always thought she was so beautiful."

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Take it back to historic foodie basics

"Today, mackeroons (now spelled macaroons) are a meringue made with coconut, but until the mid-19th century they contained finely chopped or pounded sweet almonds," notes Setting A Fine Table. "Recipes for mackeroons appeared frequently in 17th- and 18th-century cookery books, with varying ratios of sugar to egg whites. Mackeroons were served with wines and liqueurs, or were crushed and layered in trifles or with syllabubs and creams.

"Orange blossom water and rosewater, both made by steeping the flower blossoms in brandy or distilled water, were characteristic flavourings for this biscuit (cookie).

"Musk, another popular flavouring, is an aromatic substance produced by the male musk-deer. It is still an important ingredient in perfumery, but is no longer considered edible.

"By the mid-19th century, vanilla had displaced these flavourings."

Historic recipe

1. Take a pound of almonds, let them be scalded, blanched, and thrown into cold water, then dry them in a cloth, and pound them in a mortar, moisten them with orange-flower water, or with the white of an egg, lest they turn to oil; afterwards, take an equal quantity of fine powder sugar, with three or four whites of eggs, and a little musk, beat all well together, and shape them on wafer-paper, with a spoon round: bake them in a gentle oven on tin plates. **THE ART OF COOKERY MADE PLAIN AND EASY (HANNAH GLASSE, 1796)**

Modern Ingredients

- 3 cups (750 ml) whole blanched almonds
- 4 medium egg whites (1/2 cup/125 ml)
- 2 tsp (10 ml) orange flower water
- 2 cups (500 ml) superfine granulated sugar

Modern Equivalent

1. Line 2 rimless baking sheets with parchment paper.

2. In a food processor, chop the almonds, scraping down the sides of the bowl from time to time, until they are the consistency of very coarse sand with some slightly larger pieces. Set aside.

3. In a separate large bowl, beat the egg whites with the orange flower water until soft peaks form. Add the sugar about 2 tbsp (30 ml) at a time, beating until stiff peaks form. Sprinkle the chopped almonds over the egg white mixture and fold in to distribute evenly.

4. Drop by rounded teaspoonfuls (6 ml) about 1 inch (2. 5 cm) apart onto the prepared baking sheets. Bake in the centre of a 325 F (160 C) oven until they are dry to the touch, but still white, and lift easily off the parchment paper, about 12 to 15 minutes.

5. Let cool on the pans on a rack.

RECIPES EXCERPTED FROM SETTING A FINE TABLE: HISTORICAL DESSERTS AND DRINKS FROM THE OFFICERS' KITCHENS AT FORT YORK" (WHITECAP BOOKS) EDITED BY ELIZABETH BAIRD AND BRIDGET WRANICH

Mackeroons

This recipe makes 80 mackeroons. ALL IMAGES: PAT CROCKER, FROM SETTING A FINE TABLE: HISTORICAL DESSERTS AND DRINKS FROM THE OFFICERS' KITCHENS AT FORT YORK (WHITECAP BOOKS)

Cookbook of the Week

Travel back in time to update classics

Toronto's Fort York is seeped in history but often overlooked is the food element of the times.

Edited by Elizabeth Baird and Bridget Wranich, Setting a Fine Table is a selection of recipes from Fort York.

The dishes, from the officers' kitchen in the Fort, take readers back to a time when food was not only made locally, but found locally — off the land. The 30 recipes include the original, historic recipe as well as its modern equivalent.

METRO

Derby or short cakes — two names, one distinct flavour

"Derby (pronounced DAR -bee) is a small city in the East Midlands, England. Derby cakes (or short cakes) are one of many examples of regional griddle cakes found throughout the British Isles. Since the Middle Ages, bakers have used the term 'short' to mean a dough with a high ratio of fat to flour so that the resulting baked cakes are crumbly and tender," notes A Fine Table.

This recipe makes 45 cakes.

Historic recipe

1. Rub one pound of butter into two pounds of sifted flour, put one pound of currants, one pound of sugar, mix all together with half a pint of milk, one egg, two teaspoonfuls of pearl-ash, roll it out thin; cut it in round cakes and bake them. **FROM THE COOK NOT MAD; OR, RATIONAL COOKERY (ANONYMOUS, 1831)**

Modern Equivalent

1. Soak the currants in hot water for 5 minutes. Drain and spread out to dry on a towel-lined tray, about 15 minutes.

2. In a large bowl, whisk together the flour and baking soda. Using a pastry blender or your fingertips, work the butter into the dry ingredients until the mixture resembles fresh breadcrumbs. Mix in the sugar and the currants.

3. Whisk together the egg yolk and milk. Make a well in the centre of the dry ingredients and pour in the milk mixture. With a fork, combine all the ingredients to make a soft, but not sticky, dough. Dust your hands with flour if necessary to handle the dough easily. Divide the dough in half. Place a bowl over one half of the dough while you are working with the other.

4. On a well-floured work surface, roll out the dough, one half at a time, to a scant 1/4-inch (6 mm) thickness. Use a 2 1/2-inch (6 cm) cutter to cut out rounds, dipping the cutter into flour if necessary to prevent sticking. Reroll the scraps to make more rounds.

5. Bake on a griddle or cast iron skillet over medium-low to medium heat until golden on the bottom, about 5 minutes. Bake on the second side until golden and the cakes are cooked through, about 4 minutes. Keep the heat moderate or the outside of the Derby Cakes will darken or burn before the insides are cooked.

Modern Ingredients

- 1 cup (250 ml) currants
- 3 1/2 cups (875 ml) all-purpose flour
- 1 tsp (5 ml) baking soda
- 1 cup (250 ml) unsalted butter, cubed
- 1 cup (250 ml) granulated sugar
- 1 medium egg yolk
- 1/2 cup (125 ml) whole milk

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Winter can be snow much fun

JASON MENARD
For Metro

Keep kids busy during the holidays with some of the following activities.

Skating: Most cities have one or more public outdoor rinks. There is nothing like the experience of skating outside and it's a great way to spend some quality time with your children. If the weather isn't co-operating, most rinks also offer public skating opportunities.

Snow fort/snowball fights: If the snow is the right type and there's enough of it, why not head out to the park or your backyard and introduce your kids to the joys of building (and defending) a snow fort. And if you get too tired, feel free to lie down and make snow angels.

Tobogganing: Whether you prefer the traditional wooden sleds, have invested in one of those high-tech versions, or are willing to throw caution to the wind with those crazy carpets, all you need to do is head off to the nearest hill and throw yourself down it.

Winter sports: We often think about hockey, but there are many other winter sports you may want to attend as a spectator. From basketball to roller derby, there is usually a game somewhere.

Make a bird feeder: You can buy one at the store or make one out of a pine cone. But however you do it, those hungry birds will appreciate it.

Attend a winter carnival: Most communities have some sort of event during the winter. Get together with neighbours, take the kids, and make an annual event of it.

But no matter what you do, don't forget to spend a few minutes afterwards recapping the event and spending some quality time with your kid or kids bonding over a cup of hot chocolate.

Tobogganing can be a fun family bonding experience during the holidays. CATHERINE YEULET/ISTOCK/THINKSTOCK

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Critters all through the house

Pawed, clawed, tailed, scaled, beaked, snouted, winged and web-footed: Animals are a delight at any time of year, but what better season than Christmas to have a merry menagerie about? Add creatures big and small to your holiday decor scheme, or give a gilded beast as a gift. This year, it's a snap to source your choice of fauna in two favourite finishes, white or gold.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Create wintery-wild drinks with this Polar Bear Cocktail Shaker, $92, potterybarn.com.

From the designer's debut collection of animal curiosities, Kate Spade New York's Woodland Park Cat/Dog Salt & Pepper Set, $30, thebay.com.

Ommm... with the right pose and a trendy gold finish, I get a good vibe from this guy. Yoga Frog, $40, pier1.com.

Adorable and shiny, this bear keeps your coins safe. Sleeping Bear Bank, $18 US, urbanoutfitters.com.

Who wants light? Owl Glow Lamp, $39, urbanbarn.com.

Add some fine swine style to your bookcases. Gold Pig Bookends, $35, cb2.com.

Whether grooming trails for other riders, or purely for the thrill of it, snowmobilers are making tracks as soon as conditions permit. BIKERIDERLONDON/SHUTTERSTOCK

Happy trails through the snow

With winter setting in for the long haul, many find themselves cursing the daily weather reports. But for some hardy people, the prospect of cold temperatures and a nice dump of fresh powder just gets the blood racing.

These resilient people are snowmobilers and they are a diehard breed of outdoor enthusiasts whose numbers are legion, and growing with every winter that passes. Whether grooming the trails for other riders, accessing hidden hunting or ice fishing spots, or purely for the thrill of it, snowmobilers are making tracks as soon as conditions permit.

"Everybody has their own reasons, but the trails are nice to ride," said Jay Ruchotzky, vice-president of the Ashern Snowmobile Club north of Winnipeg, who has been snowmobiling since he was a child. "My dad took me out when I was little. I had my own sled by the time I was 14 or 16."

As an active member, Ruchotzky maintains trails for the members of his club, as well as those who use the trails on a drop-in basis. His love of snowmobiling is readily apparent when asked about what keeps him coming back, year after year.

"It's a feeling of freedom," he said. "You can't really beat riding a smooth trail through the bush, with the snow coming down."

"I've always loved winter," said Chris Brewer, president of the Saskatchewan Snowmobile Association, who maintain more than 10,000 kilometres of trail throughout the province. Brewer and his wife make active use of the trail system and the backcountry as soon as there is enough snow.

Josh Kovnats is another self-described "diehard sledneck" from a family of dedicated snowmobilers whose passion for sledding can't be contained.

"I go every opportunity I can," said Kovnats, whose family has a longtime membership with the Interlake Snow Trackers. "It's a different experience every time. I like to play in large amounts of fresh powder and go fast, and I love the ability to explore this land fully."

Brock Gibson is another lifelong snowmobiler, who grew up snowmobiling in western Manitoba.

"It's a good excuse to get bundled up, go outside and get some fresh air," said Gibson, who still enjoys a recreational ride every now and again, though he mostly uses snowmobiles for ice fishing or hunting. "They're great for getting out to hard to reach places once the ice freezes."

While many snowmobilers have been at it for years, having grown up around sleds, the sledding community is a welcoming one. Local clubs hold events throughout the year, from races to fundraisers and other get-togethers. With 55 active clubs in Manitoba, and 65 in Saskatchewan, no matter where you are, you aren't far from other snowmobilers.

"It's a great way to meet people who are in the area doing the same thing," Ruchotzky said. SHELDON BIRNIE

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The sky is really the limit on what you can do — and spend — on a snowmobile. VOLODYMYR BURDIAK/SHUTTERSTOCK

More options than ever for sledders

SHELDON BIRNIE
For Metro

The snowmobile has come a long way since it first revolutionized the way people move around in the depths of winter almost 100 years ago. Far from being simply a utilitarian tool, the snowmobile today is a recreational all-terrain vehicle that can be enjoyed by riders of all levels.

From afternoon trail riding to backcountry touring, from flat-out high-speed racing to hairpin carving through trees or deep powder, manufacturers have developed factory models for just about any type of riding you can encounter in the winter months. With thousands of customization options available, which allow the rider to get exactly what they are looking for out of their machine, the sky is really the limit on what you can do — and spend — on a snowmobile.

"The way snowmobiles have changed lately is crazy," said Derek Little of Yorkton, Sask.

Little said that where once flat-out speed — lake racing, for example, which still remains a sledding staple — was often a primary concern for manufacturers, today as much attention is being paid to other aspects to provide more options for the high-octane thrill-seeker.

"Old sleds were speed driven," he said. "And new sleds are really technical. They're great for riding in and out of trees."

With steady advances in technical performance, one major change in snowmobile technology in recent years is the availability of four-stroke engines as a more common option, as well as dramatically increased fuel efficiency.

"It's incredible," said Chris Brewer, president of the Saskatchewan Snowmobile Association, who enjoys trail riding and weeklong snowmobile tours with his wife throughout the winter. "One thing we're really seeing come forward is fuel economy. Now you can go for a ride all day — you're not looking for gas."

Beyond the technical advances, an eye for personal comfort has also developed among snowmobile manufacturers.

"Comfort of a snowmobile has changed dramatically in the last 10 years," said Brewer, who has been snowmobiling for 45 years. "It isn't so hard on your back, your knees, legs."

On top of ergonomic considerations, Brewer said manufacturers have taken leaps and bounds in other areas, as well.

"(New sleds) are all designed and built in wind tunnels. It seems the heat comes off motors and just flows. It seems to keep the cab area and yourself warm."

The options for customization on snowmobiles would floor someone who hasn't shopped for a sled since the early 1990s. From heated thumb warmers and plug-in heated vests, to myriad colour options and combinations, to particulars regarding windshield size, shape, and style, the sky really is the limit when it comes to customizing your snowmobile.

Whatever your skill or interest level is, snowmobiling is a great way to make the most of the outdoors.

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SPORTS 4

The Maple Leafs' Frazer McLaren braces for a punch from the Kings' Jordan Nolan on Wednesday night at the Air Canada Centre. RICK MADONIK/TORSTAR NEWS SERVICE

KO'd by the Kings

NHL. Leafs backstop Bernier upstaged against former team by rookie goalie Smith

Jeff Carter scored midway through the third period as the Los Angeles Kings beat the Toronto Maple Leafs 3-1 for their fifth straight win Wednesday.

Carter beat former teammate Jonathan Bernier with a wrist shot between the legs on a 2-on-1 at 9:40 for his eighth of the year. Defenceman Paul Ranger failed to keep the puck in the Los Angeles end, creating the odd-man rush.

Drew Doughty and Kyle Clifford, with an insurance goal with 1:59 remaining, also scored for Los Angeles (21-7-4) before 19,375 at the Air Canada Centre.

Martin Jones, a 23-year-old rookie from North Vancouver, earned his fourth straight win in four career NHL starts for Los Angeles with ex-Leaf Ben Scrivens on the bench. Kings No. 1 Jonathan Quick is out injured.

Jones came into the game with a .973 save percentage and 0.65 goals-against average. He had stopped 73 of 75 shots and hadn't been beaten in 142 minutes, 46 seconds.

Cody Franson scored for Toronto (16-13-3), which deserved better on the night.

The Leafs were without captain and top defenceman Dion Phaneuf, serving the first half of a two-game suspension for a weekend hit on Boston's Kevan Miller. But winger Joffrey Lupul returned after a seven-game absence due to a groin tear.

The Leafs showed more jump than a Los Angeles team playing for the second night in a row but were unable to convert their advantage into goals.

Still, the Kings came in riding a season-high four-game winning streak, hot on the heels of a 6-0 win in Montreal, and were 11-1-4 in their last 16 games.

The Leafs, meanwhile, had just two regulation wins in their last 17 starts (a stretch during which they went 6-8-3).

Los Angeles had outshot their opponents in 21 of their previous 31 games. In contrast, the Leafs had been outshot in 27 of their 31 previous games.

But on this night, Toronto outshot L.A. 11-8 after the first period, 21-16 after the second and 38-23 at the end.

THE CANADIAN PRESS

On Wednesday

Kings	Maple Leafs
3	1

NHL

Senators' Cowen given 2-game ban

The NHL has suspended Senators defenceman Jared Cowen two games for a head shot on Zemgus Girgensons of the Sabres.

Cowen struck Girgensons in the head late in the third period of Ottawa's game in Buffalo on Tuesday night. No penalty was called on the play.

Girgensons was not injured and later scored the shootout winner for the Sabres. THE CANADIAN PRESS

MLB

Hits no longer welcome at home

Major League Baseball plans to eliminate home-plate collisions.

New York Mets general manager Sandy Alderson, chairman of the rules committee, made the announcement Wednesday at the winter meetings. He said player health and increased awareness of concussions were behind the decision.

THE ASSOCIATED PRESS

MLB

Davis goes from Jays to Tigers

Outfielder Rajai Davis and the Detroit Tigers have agreed to terms on a two-year contract worth $9-10 million US.

The Tigers announced the deal Wednesday.

The 33-year-old Davis spent the last three seasons with Toronto and hit .260 this year with six homers, 24 RBIs and 45 steals in 331 at-bats. He made $2.5 million.

THE ASSOCIATED PRESS

Dumba hopes 3rd time's a charm for WJC

Mathew Dumba, seen here in an exhibition game last August, narrowly missed a spot on the last two Canadian world junior squads. BRUCE BENNETT/GETTY IMAGES

Mathew Dumba was cleared to join Canada's world junior championship team in Toronto on Wednesday, and the squad is optimistic that star forward Jonathan Drouin will recover from a concussion in time to play in the tournament.

The 25 invited players are to arrive on Thursday for a three-day camp before heading to Sweden for final preparations. The championship begins Dec. 26 in Malmo, Sweden.

Dumba, who was among the final cuts the last two years, is expected to play a big role on defence for a Canadian team looking to end a four-year gold-medal drought.

The Minnesota Wild, who kept the six-foot, 183-pound Dumba out of training camp but used him in only 13 games, finally opted to assign him to the Canadian junior team.

"It's been tough on me the last two times," Dumba told the NHL club's website. "Being the last cut last year, it hurt.

"It sucked not being able to represent my country last year, so I'm looking forward to the opportunity that they're giving me this year. It's going to be a good experience for me to play at my age group."

It remains to be seen if the Wild will take him back after the tournament or send him back to junior. On Tuesday, the Red Deer Rebels of the Western Hockey League traded his junior rights to the powerhouse Portland Winterhawks for forward Presten Kopeck and three draft picks.

THE CANADIAN PRESS

Chan channeling inner child for Winter Games

Figure skating.
Canadian Olympian returns to his roots ahead of Sochi 2014

Barely 24 hours after flying home from Japan, Patrick Chan was in a Toronto rink inspiring young skaters.

The three-time world champion wasn't thrilled with his silver medal performance at the Grand Prix Final last week in Fukuoka, and spending time with kids was perhaps just what he needed.

"It's great, it's awesome," Chan said with a wide grin. "It's funny because this season for me is all about going back to my roots, and kind of finding the inner kid in me. In order to deal with the pressures of this Olympic year, I kind of had to go back and identify why I skated, and why it's so much fun and why I enjoy it.

Toronto's Patrick Chan performs at the Grand Prix Final figure skating competition in Fukuoka, Japan on Thursday. SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Chan was a surprise guest at the evening skating practice, part of his new role as an ambassador for active living for Coca-Cola Canada, a new sponsor. Coca-Cola announced Wednesday it was sponsoring Chan plus Tampa Bay Lightning forward Steven Stamkos and short-track speedskater Marianne St-Gelais.

Chan talked to the young skaters about keeping it fun, and answered questions on everything from how he stays motivated, to when he landed his first Axel (he was nine or 10, he can't quite recall), to how he keeps from getting nervous (he still gets nervous).

The Toronto skater will carry huge expectations into the Sochi Olympics. He's a favourite to win Canada's first ever Olympic gold in men's singles.

Chan, who was fifth at the Vancouver Games four years ago, said part of him is already thinking past the Olympics — more specifically, about what he can give back.

Chan has a couple of days off then will head back to Detroit to prepare for the Canadian championships in early January in Ottawa. Then he makes the final push to Sochi.

He won't take a Christmas vacation this season.

"No Hawaii this time, I won't have a suntan at nationals," he said. "I think all the skaters are staying in Detroit for Christmas, like Kaitlyn (Weaver) and Andrew (Poje). It will be great, we'll make our own little Christmas party or New Years party."

THE CANADIAN PRESS

Women's hockey

Poulin's return on hold for U.S. clash

Canada is riding a three-game winning streak against the U.S. in women's hockey, but it hasn't been all smooth sailing for the Canadian women this winter.

Marie-Philip Poulin, who scored twice in Canada's win over the U.S. in the 2010 Olympic final, remains sidelined for Thursday's game in Calgary against the Americans because of a high ankle sprain.

The talented, speedy forward from Beauceville, Que., is expected to be an impact player for the Canadian women again as they prepare to defend the gold in Sochi, Russia, in February.

However, the 22-year-old has appeared in just a handful of Canada's 32 games since September and none against the United States.

"It's been a tough one for sure," Poulin said Wednesday at the Markin MacPhail Centre. "It's always hard to miss a game, especially when you play the U.S."

An opposing player landed on the outside of her left ankle during a tournament against midget triple-A men's teams in September. Poulin re-injured the ankle in her third game back in November.

Canada's Marie-Philip Poulin
RICHARD WOLOWICZ/GETTY IMAGES

Poulin has set Dec. 28, when Canada plays the U.S. in St. Paul, Minn., as the next target date of her return.

The exhibition game in Calgary is the third of six between Canada and the U.S. this winter as both teams train full-time for Sochi.

They'll square off again Dec. 20 in Grand Forks, N.D., followed by the game in Minnesota, then Dec. 30 in Toronto. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	31	21	8	2	86	62	44
Montreal	32	19	10	3	85	71	41
Detroit	32	15	9	8	87	85	38
Tampa Bay	30	17	10	3	85	76	37
Toronto	32	16	13	3	87	90	35
Ottawa	32	12	14	6	92	105	30
Florida	32	10	17	5	73	106	25
Buffalo	31	7	22	2	53	92	16

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	32	21	10	1	98	71	43
Washington	31	17	12	2	98	90	36
Carolina	32	13	13	6	75	91	32
NY Rangers	32	15	16	1	70	84	31
New Jersey	32	12	14	6	73	82	30
Columbus	31	13	15	3	78	86	29
Philadelphia	31	13	15	3	70	85	29
NY Islanders	32	9	18	5	80	111	23

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	34	23	6	5	129	93	51
St. Louis	29	20	6	3	100	67	43
Minnesota	32	18	9	5	77	75	41
Colorado	29	20	9	0	83	68	40
Dallas	29	14	10	5	83	86	33
Winnipeg	32	14	14	4	83	90	32
Nashville	31	14	14	3	71	89	31

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	33	21	7	5	106	86	47
Los Angeles	32	21	7	4	88	63	46
San Jose	31	19	6	6	103	78	44
Vancouver	33	18	10	5	88	81	41
Phoenix	30	17	8	5	97	94	39
Calgary	30	11	15	4	79	100	26
Edmonton	32	11	18	3	89	109	25

Note: Two points for a win, one point for overtime loss.

Wednesday's results
Los Angeles 3 Toronto 1
Chicago 7 Philadelphia 2
Minnesota at Anaheim

Tuesday's results
Los Angeles 6 Montreal 0
Washington 6 Tampa Bay 5 (SO)
Buffalo 2 Ottawa 1 (SO)
Columbus 5 New Jersey 4
Nashville 4 NY Rangers 1
Florida 3 Detroit 2 (SO)
St. Louis 2 Winnipeg 1
Chicago 6 Dallas 2
Phoenix 3 Colorado 1
Boston 2 Calgary 1
Edmonton 5 Carolina 4 (OT)
NY Islanders 3 San Jose 2 (SO)

Thursday's games — All Times Eastern
Montreal at Philadelphia, 7 p.m.
Columbus at NY Rangers, 7 p.m.
Buffalo at Ottawa, 7:30 p.m.
Detroit at Tampa Bay, 7:30 p.m.
Toronto at St. Louis, 8 p.m.
Dallas at Nashville, 8 p.m.
Colorado at Winnipeg, 8 p.m.
Carolina at Calgary, 9 p.m.
NY Islanders at Phoenix, 9 p.m.
Boston at Edmonton, 9:30 p.m.
Minnesota at San Jose, 10:30 p.m.

Friday's games
New Jersey at Pittsburgh, 7 p.m.
Washington at Florida, 7:30 p.m.
Edmonton at Vancouver, 9 p.m.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	16	27	43
Kane, Chi	17	23	40
Malkin, Pgh	8	30	38
Getzlaf, Ana	16	21	37
Tavares, NYI	12	24	36
Ovechkin, Wash	26	9	35
Perry, Ana	20	15	35
Steen, StL	21	12	33
Backstrom, Wash	7	25	32
Thornton, SJ	5	27	32
Kunitz, Pgh	17	14	31
Marleau, SJ	14	16	30
St. Louis, TBL	13	17	30
Zetterberg, Det	11	19	30
Couture, SJ	10	20	30
Kessel, Tor	16	13	29
Sharp, Chi	14	15	29
Karlsson, Ott	8	21	29
H. Sedin, Vcr	8	21	29

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	19	3	.864	—
d-Miami	16	6	.727	3
Atlanta	11	11	.500	8
d-Boston	10	14	.417	10
Charlotte	10	12	.455	9
Washington	9	11	.450	9
Detroit	10	13	.435	9½
Chicago	8	12	.400	10
Cleveland	8	13	.381	10½
Toronto	7	13	.350	11
Brooklyn	7	14	.333	11½
Orlando	7	15	.318	12
Philadelphia	7	16	.304	12½
New York	6	15	.286	12½
Milwaukee	5	17	.227	14

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	18	4	.818	—
Oklahoma City	17	4	.810	½
d-San Antonio	17	4	.810	½
d-L.A. Clippers	15	8	.652	3½
Houston	15	7	.682	3
Denver	13	8	.619	4½
Dallas	13	9	.591	5
Phoenix	12	9	.571	5½
Golden State	12	10	.545	6
Minnesota	11	11	.500	7
New Orleans	10	10	.500	7
Memphis	10	11	.476	7½
L.A. Lakers	10	11	.476	7½
Sacramento	6	13	.316	10½
Utah	4	19	.174	14½

x - clinched playoff berth; **y** - division; **z** - conference.

Wednesday's results
Orlando 92 Charlotte 83
L.A. Clippers 96 Boston 88
San Antonio 109 Milwaukee 77
New Orleans 111 Detroit 106 OT
Minnesota 106 Philadelphia 99
New York 83 Chicago 78
Oklahoma City 116 Memphis 100
Utah at Sacramento
Dallas at Golden State

Tuesday's results
San Antonio 116 Toronto 103
Cleveland 109 New York 94
Indiana 90 Miami 84
Minnesota 121 Detroit 94
Oklahoma City 101 Atlanta 92
Brooklyn 104 Boston 96
Milwaukee 78 Chicago 74
Phoenix 114 L.A. Lakers 108

Thursday's games
L.A. Clippers at Brooklyn, 8 p.m.
Houston at Portland, 10:30 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
You may think you have to tear everything down and start from scratch but it's not necessary. There is precious little wrong with your life and a few minor changes here and there is all that is required.

♉ Taurus
April 21 - May 21
It may at times seem as if you are not making much progress but in a matter of days there will be clear signs that you are on the verge of a major breakthrough.

♊ Gemini
May 22 - June 21
Your thoughts seem to be a bit heavy and there are certainly one or two areas where you need to get serious. But don't get so serious that all the fun goes out of your life.

♋ Cancer
June 22 - July 23
It may be true that someone is saying awkward things about you but there is no reason to get paranoid and start thinking everyone is against you. Whatever you've done, you are still most people's number one.

♌ Leo
July 24 - Aug. 23
It may be hard for you to understand why certain people act in certain ways but there is no point getting worked up about it because you won't change the way they are. Try acting as if you don't care what they do.

♍ Virgo
Aug. 24 - Sept. 23
If you have started on a scheme then you must see it through to the end. Having invested so much time and energy, you cannot give up on it now. Besides, it could work out.

♎ Libra
Sept. 24 - Oct. 23
At some stage today you will realize that you are not going to get far with a joint project, thanks to people dragging their feet. You will, though, make progress in areas where you can work on your own.

♏ Scorpio
Oct. 24 - Nov. 22
When you get annoyed, you go to extremes and an unfortunate person is going to be in your bad books today. Yes, maybe you will be too hard on them, but it will be a long time before they dare to upset you.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't take anything too seriously today because if you do, you may get depressed and start wondering why you bother to make an effort. Snap out of it by focusing on things that make you smile.

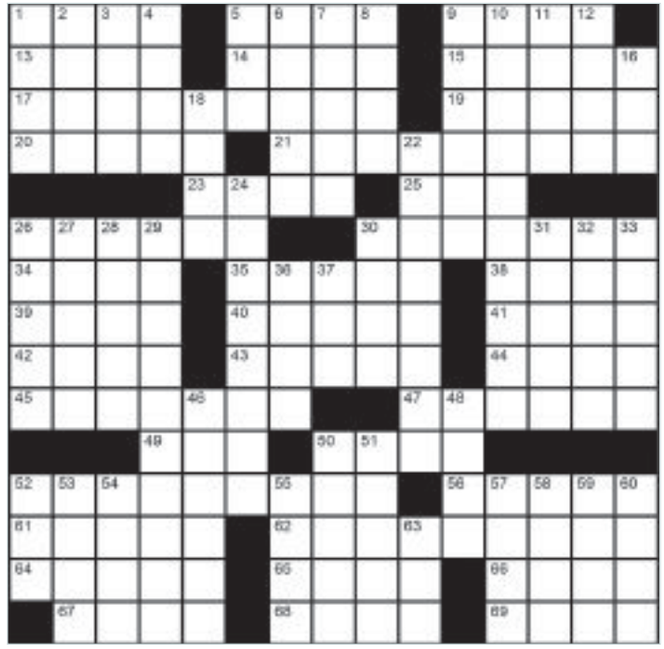
♑ Capricorn
Dec. 22 - Jan. 20
You want to help someone who is struggling but you know if you do they will struggle more in the future. They need to learn from their mistakes, painful though that may be.

♒ Aquarius
Jan. 21 - Feb. 19
You will have to work twice as hard to catch up on things you should have done yesterday. If you apply yourself ,you may get ahead — and get a reward for your efforts tomorrow.

♓ Pisces
Feb. 20 - March 20
Are you making the most of your time? Chances are you have allowed hours, days, even weeks to slip by without doing anything special. That must now change. SALLY BROMPTON

Crossword: Canada Across and Down

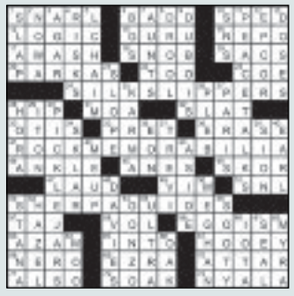
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Prima donna
5. Cloak: Spanish
9. 2s
13. Plow pullers
14. Caesar's 955
15. Steal a stash, again
17. Nickname of Manitoba's capital city
19. SNL alum Cheri
20. Rock bottom
21. The Band concert film directed by Martin Scorsese, "The __ __" (1978)
23. UK awards since 1917
25. "For __ a jolly good..."
26. Daniel Defoe's 1719 book, Robinson __
30. More like cow juice
34. From-clothes fluff
35. Sitar songs
38. Family suffix in zoology
39. Hodgepodge
40. Get a glass of water to get cold really fast: 2 wds.
41. Telegram
42. Hireling
43. "__ _ go on?"
44. Like some airports [abbr.]
45. Working together well
47. Tropical fruits
49. Montreal's 'me' mission
50. Shoe part
52. 1880 Dostoevsky novel, The Brothers __
56. Overbearing
61. "_ __ _ Teenage Werewolf" (1957)
62. Jets competition, when in Colorado
64. Type of mil.
65. Surrealist painter, __ Magritte (b.1898 - d.1967)
66. Helix
67. __ __ stretch of the imagination
68. Too
69. And others [abbr.]: 2 wds.

Down
1. This clue: #1-__ The Arctic
2. Corn lily
3. Peddle
4. __-gravity
5. "Green River" gr.
6. Plentiful
7. Impassionate requests
8. Norms, for short
9. Plaster-spreading tool
10. Alberta city south of Edmonton
11. Great pitcher Mr. Hershiser
12. Separate, as laundry
16. Commerce, curtly
18. Fun suffix to 'Switch'
22. 1983 Bryan Adams single: 2 wds.
24. Prehistoric land of
26. Horse-on-cobblestone sounds
27. Amber __, "Dancing with the Stars" reigning champion
28. Employees organization
29. Profession of 2nd Prime Minister Alexander Mackenzie
30. __-of-honour
31. Picking from a police lineup
32. Keep one's __ __ the ground
33. Movie studio stocks
36. __-Deucey (Backgammon variant)
37. "Golly!"
46. Comedian/actor Ray
48. Duchess of __ (Subject of Spanish painter Goya)
50. Shack
51. Singer, Faith __
52. Wine aperitif
53. Caught in _ __ of lies
54. Daring
55. __ Phillips (Queen Elizabeth's granddaughter who is an Olympic equestrian)
57. __ and for all
58. William Wallace, for example
59. Mr. LaBeouf
60. Scream
63. Sean Penn's director father

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		4	8				
	9		6				1	3
		1	9			6		
						2	7	6
6				1				5
5	8	7						
		3			5	1		
4	5				9		3	
				7	2		9	

Yesterday's Sudoku

7	4	5	6	2	9	1	3	8
9	3	8	7	1	4	6	5	2
6	2	1	8	5	3	7	4	9
4	9	7	3	6	1	8	2	5
8	1	3	2	4	5	9	6	7
2	5	6	9	8	7	3	1	4
3	8	4	1	7	2	5	9	6
1	6	2	5	9	8	4	7	3
5	7	9	4	3	6	2	8	1

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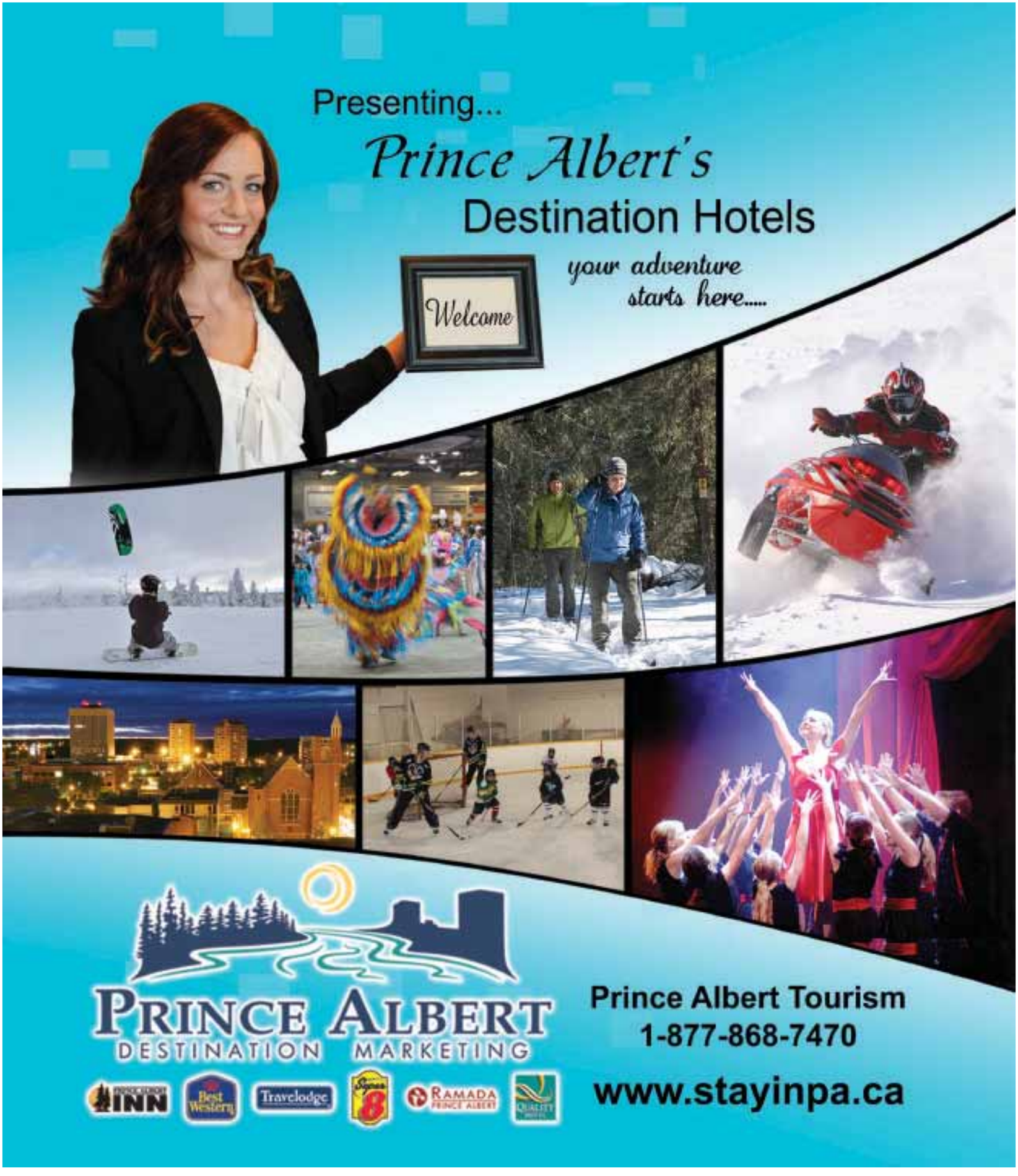
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